Endocrinal & Ultrasonographic Parameter in the Diagnosis of Polycystic Ovarian Syndrome

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Abstract: PCOS is characterized by an amalgamation of symptoms & causes multiple abnormal cysts in enlarged ovaries, so they do not ovulate normally. Aim: To study the value of hormonal and USG parameters in the diagnosis of PCOS. Settings & Design: This is a prospective observational study. Materials & Method: Fifty women with PCOS diagnosed on the basis of clinical, hormonal and ultrasound parameters using the Rotterdam criteria., women without PCOS, having regular cycles which were selected randomly comprised the control group (n = 50) taken all from the patient attending OPD. Serum levels of LH, FSH, TSH, PROLACTIN, testosteron and USG done in each patient. Statistical Analysis Used: All the data were analysed by statistical software spss16. Result: The mean serum LH & FSH in PCOS cases is 8.43 ±2.781mIU/ml & 3.91±1.278mIU/ml respectively. The ratio of LH/FSH is 2.18 in PCOS cases compared to only 0.9 in control. The mean serum TSH, PROLACTIN & testosterone in PCOS cases is 3.03± 2.541µIU/ml, 21.37±26.079ng/ml & 0.87 ± 0.426ng/dl respectively. PCOS cases have enlarged ovaries measuring more than 10 ml. 60% (n=30) of the PCOS group have more than 12 cyst of significant size. Conclusion: The study justifies the elaborate evaluation of endocrinal & USG parameters can make a great contribution in diagnosis of PCOS patients.

Keywords: pcos, rotterdam criteria, USG, LH, FSH, TSH, PROLACTIN

1. Introduction

Polycystic ovary syndrome is the most common female endocrine disorder affecting 5 - 10% of women of reproductive age (12 - 45years) and is thought to be one of the leading causes of female infertility. (Boomsma et al, 2008) Rotterdam consensus workshop indicated PCOS is diagnosed for presence any of two of the following criteria: (Azziz R et al, 2006) Polycystic ovaries are presented by the ultrasound.

1. High levels of male hormones (Androgen).
2. Menstrual dysfuction.
3. The disorder causes multiple abnormal cysts in enlarged ovaries, so they would not produce the normal number of eggs and do not ovulate normally. The disease is present at birth but does not cause symptoms until puberty. (Palacio et al, 2006)

2. Materials & Method

The present prospective observational study carried out among female patients attending Gynecologic outpatient department of V.S.S. Medical College Burla, Sambalpur between October 2011 to september 2013. An informed written consent was obtained from all patients participating in the study. The protocol was approved by Obstetrics and Gynecology Department of V.S.S. Medical College, Burla, Sambalpur. Fifty women with PCOS diagnosed on the basis of clinical, hormonal and ultrasound parameters using the Rotterdam criteria. Two of the following features were applied to diagnose the PCOS:

1) Oligo-anovulation;
2) clinical/or biochemical signs of hyperandrogenism;
3) polycystic ovaries .

Women with PCOS (n = 50) diagnosed by this criteria comprises the study group and women without PCOS, having regular cycles which were selected randomly comprised the control group (n = 50) taken all from the patient attending OPD of Obstetrics and Gynaecology dept, V.S.S. Medical College, Burla. Women in the control group were with other gynecological diseases, not on any hormonal medication, no known infertility and endocrinologic or dermatologic problems, and were apparently normal healthy women.

2.1 Inclusion Criteria

1. Women with oligomenorrhea defined as menstrual bleeding at intervals of greater than 35days or abnormally infrequent menstrual bleeding characterized by three to six menstrualcycles per year.
2. No pre-existing medical illness.
3. Age 18-35 years

2.2 Exclusion Criteria

1. Pregnancy, lactation
2. Menarche less than 2 years ago
3. Known co-morbidity
4. Women on drugs known to cause abnormal uterine bleeding- hormonal contraceptives drugs known to produce hirsutism/ galactorrhea (e.g.corticosteroids, androgens, cyclosporine, minoxidil, phenytoin, diazoxide, Cimetidine, Histamine-receptor blockade, Methyldopa, etc). A detailed history was taken of each case and a thorough clinical examination was done.

3. Endocrinal Parameters

Serum Testosterone, thyroid stimulating hormone (TSH) and Prolactin levels were measured on day 2-3 of the menstrual cycle in all women. For amenorrhoeic patients blood was drawn any day of the cycle. Hormonal assays were done.
using RIA. The cut off values of the various hormones are as follows:

<table>
<thead>
<tr>
<th>Assay</th>
<th>Normal Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSH (miu/ml)</td>
<td>4.7 - 21.5 miu/ml</td>
</tr>
<tr>
<td>LH (miu/ml)</td>
<td>5 to 25 miu/L</td>
</tr>
<tr>
<td>Prolactin (ng/ml)</td>
<td>Upto 20ng/ml</td>
</tr>
<tr>
<td>Total testosterone</td>
<td>0.1 - 0.9 ng/ml</td>
</tr>
<tr>
<td>Fasting insulin</td>
<td>3-25 IU/ml</td>
</tr>
<tr>
<td>TSH (miu/ml)</td>
<td>0.5 miU/ml - 6 miU/ml</td>
</tr>
</tbody>
</table>

### 3.1 Ultrasonography

An ultrasonographic examination (transabdominal) was performed in all women. PCO morphology was defined as presence of enlarged ovaries (>10ml in volume) with multiple (W12) peripheral sub-centrimetric follicles as per the Rotterdam consensus.

### 4. Observation

#### Table 1: Comparison of Hormonal Profile Between the Study and Control Groups

<table>
<thead>
<tr>
<th>Hormonal Profile</th>
<th>PCOS CAES (n=50)</th>
<th>Control Group (n=50)</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>LH (miu/ml)</td>
<td>8.43 ± 2.781</td>
<td>6.03± 2.91</td>
<td>&lt;0.0001 (S)</td>
</tr>
<tr>
<td>FSH (miu/ml)</td>
<td>3.91 ± 1.728</td>
<td>3.15±1.66</td>
<td>&lt;0.0101 (S)</td>
</tr>
<tr>
<td>LH/FSH ratio</td>
<td>2.18 /1</td>
<td>0.9/1</td>
<td></td>
</tr>
<tr>
<td>TSH miu/ml</td>
<td>3.03 ± 2.541</td>
<td>2.9± 3.33</td>
<td>0.9915 (NS)</td>
</tr>
<tr>
<td>Prolactin (ng/dl)</td>
<td>21.37±26.079</td>
<td>12.6±7.4</td>
<td>0.0243 (S)</td>
</tr>
<tr>
<td>Testosterone (ng/dl)</td>
<td>0.87±0.426</td>
<td>0.69 ± 0.21</td>
<td>0.0086 (S)</td>
</tr>
</tbody>
</table>

The mean serum LH in PCOS cases is 8.43 ±2.781miu/ml compared to 6.03±2.91miu/ml in control , which is statistically significant. The mean serum FSH in PCOS cases is 3.91±1.728miu/ml compared to 3.15±1.6miu/ml in control which is statistically significant. The mean serum TSH in PCOS cases is 3.03±2.541miu/ml and this’s not statistically significant with their control counterparts. The mean serum prolactin in PCOS cases is 21.37±26.079ng/ml compared to12.6±7.4ng/ml with their control counterparts which is statistically significant. The mean serum testosterone in PCOS cases is 0.87 ± 0.426ng/dl as compared to 0.69 ± 0.21ng/dl in control group and their difference is statistically significant. The ratio of LH/FSH in PCOS cases is 2.18 in PCOS cases compared to only 0.9 in control.

#### Table 2: Distribution of Cases According to Ovarian Volume by Ultrasonography

<table>
<thead>
<tr>
<th>Ovarian Volume</th>
<th>PCOS Groups (n=50)</th>
<th>Control Group (n=50)</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Ovarian volume &gt;10</td>
<td>34</td>
<td>68</td>
<td>4</td>
</tr>
<tr>
<td>Ovarian volume ≤10</td>
<td>16</td>
<td>32</td>
<td>46</td>
</tr>
</tbody>
</table>

**P<0.0001(S)**

- 68 % (n=34) of PCOS cases have enlarged ovaries measuring more than 10 ml , compared to only 8% in control and their difference is statistically significant.

### 5. Discussion

**Polycystic ovary syndrome (PCOS)** is a complex and heterogeneous disorder, affecting mostly women in reproductive age group. It is characterized by chronic anovulation, hyperandrogenemia, altered LH: FSH ratio (>2/3:1) and polycystic ovaries. Excess androgen levels lead to menstrual disturbances, development of ovarian cysts, hirsutism and other related disorders.

#### 4.1 Serum Luteinising Hormone (LH)

From table no. 13, it is seen that the mean Luteinising hormone (LH) level in PCOS cases is 8.43 ± 2.781miu/ml , and 6.03±2.91miu/ml in control and their difference is statistically not significant. **Ventiroli S et al** observed high mean LH values in PCOS patients 27.9 ± 5.9 IU/1at day 5-6 of menses which is significantly higher than the values found in our study.

#### 4.2 Serum Follicular Stimulating Hormone (FSH)

From table no. 13 ,it is observed that he mean Follicular stimulating hormone(FSH)level is 3.91 ± 1.278miu/ml compared to 3.15±1.6miu/ml in control, which is statistically not significant. The mean FSH level is low as compared to normal values given for any day of menstruation in accordance to **Chang et al (1983) **

The gonadotropin releasing hormone (GnRH) pulse frequency designates the preferential production of LH via high frequency pulses versus FSH via low frequency pulses in normal adult women. The pulse frequency is regulated by progesterone in presence of estradiol such that increased progesterone production by corpusluteum slows LH pulse frequency to favor FSH production, which aids in follicular development for the next menstrual cycle. Women with PCOS have abnormally rapid LH pulses with reduced response to progesterone feedback, contributing to elevations in LH:FSH ratios. **Pastor et al. (1998)**

#### 4.3 LH/FSH Ratio

From table no 13, it is observed that LFS/H is 2.18 : 1 in PCOS group which is highly significant, compared to 0.9:1 in control group ,which is similar to the study done by **Chang et al, (1983)** who reported similar ratio of LH to FSH in PCOS patients . The table & figure 13 also explain that the level of LH is more than two times of FSHlevel.
4.4 Serum Thyroid Stimulation Hormone (TSH)

From table no.13, it is observed that the mean Thyroid stimulating hormone (TSH) is 3.03 ± 2.541mcg/dl in PCOS cases compared to 2.98mcg/dl in control cases, which is statistically not significant. This may be due to the fact that patients with known thyroid abnormality were being excluded from our selection criteria. Women with PCOS have a high prevalence of increased thyroid-stimulating hormone (TSH) levels as evidenced by a study conducted by Dahiya et al (2012)\(^7\).

4.5 Serum Prolactin (PRL)

The mean serum Prolactin level is 21.37±26.079 µiu/ml in PCOS group as compared to 12.6±7.4 µiu/ml in control cases, showing a highly significant high TSH level in PCOS. Hyperprolactinemia was however seen in 10 % cases of study group.

4.6 Serum Testosterone

The mean serum testosterone level in study group is 0.87 ± 0.426ng/dl compared to 0.69 ± 0.21ng/dl in control group, and their difference is highly significant statistically in PCOS group, indicating biochemical signs of hyperandrogenism. The mean serum testosterone showed highly significant difference between PCOS patients and the control group, this study agreed with other studies (Polson et al, 1988)\(^8\) & (Miriam et al, 2002)\(^9\) that proved 55-65% of patients with PCOS had abnormal high testosterone values.

4.7 Ultrasonography

From table no.14 it is observed that, increased ovarian volume according to PCOS criteria (>10 cm\(^3\)) was identified in 68 % (n=34) PCOS cases compared to only 8 % (n=4) in control cases, showing a highly significant difference between PCOS patients and the control group, this study agreed with other studies (Polson et al, 1988)\(^8\) & (Miriam et al, 2002)\(^9\) that proved 55-65% of patients with PCOS had abnormal high testosterone values.

6. Conclusion

Polycystic ovary syndrome remains a highly controversial topic because of its undetermined and potentially variable etiology and an undetermined phenotypic spectrum. In clinical and research practice, a conservative and broadly based definition of PCOS is warranted. Thorough evaluation of these cases including clinical examination, laboratory findings as well as ovarian imaging is crucial in the evaluation of patients with suspected PCOS. The study justifies the elaborate evaluation of hormonal parameters and ultrasonography in polycystic ovarian syndrome (PCOS) patients. Hence, we emphasize that women with PCOS should no longer be regarded as merely having reproductive or cosmetic problems, but as having a predisposition to a metabolic disorder that potentially puts them at high risk for developing diabetes and heart disease.

Reference


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